

## NEWSNOTES

### Dix ID Card Facility announces Saturday hours

Need a new ID card but just can't squeeze out the time during the week? The Fort Dix ID Card Facility will host Saturday hours for issuing identification cards Dec. 6 in Building 5418 on the first floor.

Hours of operation will be 8 a.m. to 4 p.m. For further information contact Geneva Sturdivant at (609) 562-3373/2177.

### Combined Federal Campaign short of goal

The Fort Dix Combined Federal Campaign tally remains well short of the 2008 goal of \$40,000, with less than two weeks remaining. Donations topped \$23,885 this week. Anyone interested in donating to one of the many worthwhile charitable organizations represented in the campaign should contact their office representative or call Rod Martell at 562-2186.

### Red Cross Blood Drive scheduled at Main Chapel

The American Federation of Government Employees 1999 will host a Red Cross Blood Drive Nov. 26 at the Main Chapel from 8:30 a.m. to 2 p.m. Sign up with your office representative or call 562-2669 to schedule a donation time.

### Troops to Teachers seminar set Dec. 4

Army Community Service will host a Troops to Teachers seminar Dec. 4 at 9:30 a.m. for Soldiers and spouses interested in channeling their skills in a new direction may sign up by calling 562-2186.

The Fourth Quarter Military Pre-Retirement/Separations Briefing will be held Tuesday, Dec. 9, 2008 through Friday, Dec. 12, 2008. The location is the Timmermann Conference Center, Pennsylvania Avenue and 8th Street. The time will be 0800 to 1630 daily. This is a mandatory requirement for Soldiers within 120 days of retirement or departure on terminal leave. Soldiers that are outside the 120 window are encouraged to attend. Representatives from the VA, Dept of Labor, Finance, Transportation, etc., will be available to brief and answer questions. If you require additional information or would like to make reservations for the briefing, please call the RSO at (609) 562-2666.

## WEATHER

**FRIDAY** -- Scattered snow flurries, high of 43 and overnight low of 20 degrees.

**SATURDAY** -- Cloudy with light flurries, windy, high of 39 degrees and overnight low of 22.

**SUNDAY** -- Clear in morning, cloudy in afternoon, daytime high of 45 and overnight low of 29 degrees.

**MONDAY** -- Chance of light rain showers, high of 47 and low of 33 degrees.

**TUESDAY** -- Morning clouds with moderate chance of showers, daytime high of 45 and low of 29 degrees.

**WEDNESDAY** -- Afternoon clouds with drizzle, high of 41 degrees and overnight low of 36.

**THURSDAY** -- Afternoon rain, high of 40, low of 34 degrees.

# Vets make splash for WTU

## Aquatic therapy equipment speeds recovery for wounded Soldiers in rehab at Dix

Jennifer Chupko  
Public Affairs Staff

Wounded warriors at Fort Dix are splashing to recovery with aquatics rehabilitation equipment donated by the Jewish War Veterans of America.

The Jewish War Veterans Post 126 donated \$7,000 for the purchase of the equipment, just the latest item in its unstinting support of Fort Dix and the Warrior Transition Unit. The official donation was accepted by the post Nov. 19 in a ceremony at the Indoor Pool.

"This is a new technology and it is something we support as veterans," said Col. John Ekstrand, Watson Medical Support Element Commander. "It is a training the wounded Soldiers need."

Aquatic therapy, or pool therapy consists of an exercise program that uses the resistance of water instead of weights to work and rehabilitate muscles.

"Wounded Soldiers need rehabilitation," said Ekstrand. "The least amount of pain with the most amount of efficiency is the best rehabilitation."

Members of the Jewish War Veterans said they did not have these tools to use when their generation of wounded servicemen were recovering, and proudly support the purchase of them to help today's

recovering warriors.

When the donation was given to WTU, Maj. David Dean, company commander, knew exactly where it would be best utilized.

"We thought the best way to use that money was for the expanding aquatic equipment," said Dean. "75-85 percent of the Soldiers use aquatics for shoulders and legs for physical therapy."

The equipment used for this type of therapy ranges from foam weights to barbells. The program has developed as a staple in the road to full recovery.

"We didn't have enough equipment to provide an effective physical exercise program," said Dean. "Now that we have the aquatic therapy program developed, this will definitely help Soldiers recover quicker."

"Each of the Soldiers has a different course of care," said Staff Sgt. Jessie White, certified aquatics instructor, WTU. "When I came back from Iraq, I began the aquatic rehabilitation after the surgery on my ankle because I couldn't walk for 16 weeks."

Aquatic rehabilitation exercises require a different type of therapy equipment for every injury. Each exercise must have a different tool and the Veterans of the United States wanted to contribute to make sure the program has the capability to grow.

(continued on page 6)



Jennifer Chupko

**WATER THERAPY** -- Retired Col. Nelson Mellitz, Jewish War Veteran gives Col. John Ekstrand, commander, Watson Medical Support Element a plaque of appreciation during the Aquatic Equipment Dedication. The Jewish War Veterans Post 126 donated \$7,000 to WTU Aquatic Rehabilitation.

# Dix eyed for BCT mission

Carolee Nisbet  
Editor

Sixteen years after the last basic training graduates marched off Doughboy Field, a team is headed to the post to check on the feasibility of running overflow basic training sessions at Fort Dix.

The team, from Training and Doctrine Command, is looking at Fort Dix among other installations to provide support for two basic training cycles from May to September 2009, and to create an enduring capability for summer surge for the future.

Since late spring and summer are the peak times for Soldiers entering basic training, existing training centers sometimes don't have enough room to handle the expanded load.

The estimate surge load for summer 2009 includes more than 7,000 Soldiers and more than 900 cadre members to train them.

Basic and advanced individual training were Fort Dix's main mission until the 1988 Base Realignment and Closure Commission opted to move it to other posts.

Dix was realigned under consecutive BRACs as a reserve training and mobilization installation, first under the US Army Reserve Command and then under Installation Management Command.

With mobilization and training missions becoming the focus of Fort Dix, many facilities that once housed basic trainees and all the systems that surrounded them -- such as the Reception Center and brigade barracks and administration areas --

were adapted for other uses, often by agencies.

The building that once housed the Reception Center is now home to the Air Force's Air Expeditionary Center; the two brigade areas are part of the Federal Correctional Institution Fort Dix.

The assessment team from TRADOC is due at Fort Dix Nov. 25, and will meet with representatives from the Directorates of Family, Morale, Welfare and Activities; Logistics; Public Works; Plans, Training, Mobilization and Security; and Information Management. Members of the special staff and medical, dental, civilian and military personnel and the Army and Air Force Exchange Service will also be involved.

Installations being considered for

the mission must answer a laundry list of questions from TRADOC, most of which boil down to:

● Can the post support a summer surge basic combat training for 10, 15 or 20 companies, and how much would it cost?

● Can the post support an enduring BCT capacity for 10, 15 or 20 companies, and how much would it cost?

● If the post can support item one or both items, is that support feasible given available reaction time, funds and competition from other priorities for the resources.

While a decision date on where the mission will be placed is not final, those involved expect a short turn around due to the requirement for the facilities to be operationally ready by May.

# Fire singes Doughboy Inn

## Morning blaze demolished three rooms, damaged more as guests were evacuated

Wayne Cook  
Public Affairs Staff

A fire apparently sparked by an electrical fault in a fan demolished three rooms and damaged nine more at the Doughboy Inn Nov. 17.

The Fort Dix Fire Department responded to the initial alarm at 8:55 a.m. reporting a fire at the lodging facility on West Tenth Street.

Ladder 25, crewed by acting Fire Captain John Hudson, Firefighter Bill Chyzik, and Firefighter Terry Jewell was first on the scene and observed thick black smoke pouring from the structure.

The fire had blown out the windows of the initial room involved and smoke poured up to the floor above.

A second alarm was called in and fire departments from Cookstown, McGuire Air Force Base, Wrightstown, Pemberton Borough, Browns Mills, New Egypt, and Florence Township responded to assist in dousing the blaze and ensuring it was completely out.

More than 60 firefighters participated in fighting the fire as it spread into adjoining rooms and the roof.

All guests at the military motel

were evacuated safely and without injury while the fire spread through other rooms in the east wing of the facility.

"I am only four doors down," said Staff Sgt. Jessie White. "It spread really quick and we weren't able to get any of our stuff."

Firefighters used breathing apparatus to enter the rooms to contain and suppress the fire while others ventilated the roof. The fire was declared under control at 9:52 a.m. by Fort Dix Fire Chief Jeff Silagy.

"It has been several years since Fort Dix has had a major fire," Silagy said. "We received outstanding support from out outside communities. Due to the efforts of all of the firefighters, we were able to contain the fire in a much smaller area than it could have spread to."

All lodgers affected by the fire have been relocated to new quarters on the installation.

The fire remains under investigation, with a definite finding on the cause still to come.

Engines from the Evesham, Naval Engineering Station Lakehurst and Jacobstown Fire Departments covered the Fort Dix stations during time of the incident.



Jennifer Chupko

**FAILSAFE** -- Fort Dix firefighter Dave Harris checks the ceiling for hot spots in the aftermath of a fire at the Doughboy Inn Nov. 17. For more photos, see page 4.

## the mind field



# Americans shrewd in tapping leaders in touch with times

## Campaigns reveal candidates' character

Steve Snyder  
Public Affairs Staff

It may be chic in some circles to bad-mouth the American political process but voters continue to select some excellent leaders and political campaigns also tend to reveal core personality traits of those running for office.

Facts never fail to amaze. How can an electorate whose members appear increasingly mesmerized by absurdities ranging from road rage to reality TV, still perform so sagely when casting votes for a commander-in-chief?

Tis a mystery. Perhaps sinister forces are transforming American politics into a kind of kinky Kabuki theater. Or maybe Americans are not as clueless as their critics contend.

The big enchilada in America's political system is still presidential politics, especially campaigns in which power is initially seized. Take a look at the races to 1600 Pennsylvania Avenue since the end of World War II or since the advent of baby boomers (those born from 1946 to 1964) up to today.

Who did we elect as president? And why? Those two questions reveal a lot about our lives and what we consider to be the American dream.

The 1948 presidential election is best remembered for President Harry Truman's stunning upset victory over Republican Thomas Dewey, governor of New York.

Truman had been vice president only 82 days when President Franklin D. Roosevelt died on April 12, 1945. But he feisty little ex-World War I artillery officer rose to the occasion.

Truman's foreign policy was almost Promethean in scope.

He ordered two A-bombs dropped on Japan to end World War II. Truman was present at the founding of the United Na-

tions, pushed massive spending in the Marshall Plan to rebuild Europe and save the continent from the ravages of communist aggression, instituted the Truman Doctrine to contain communism, presided over the beginning of the Cold War with the Soviet Union, pushed the creation of the North Atlantic Treaty Organization (NATO) to inhibit aggression, again, from the Soviet Union, and was commander in chief when North Korea went south, starting the Korean War.

Domestically, the post-war United States was a mess and Truman's Fair Deal didn't make much of a dent in solving the nation's problems. Shortages, strikes, labor unrest and a Red scare marred Truman's tenure. Still, he managed to lick Dewey in his 1948 reelection upset.

Dewey, according to one wag, reminded people of the little man on top of wedding cakes. There was no doubt he lacked the common touch and he took his ascendancy to the White House for granted, not campaigning very hard. Truman, on the other hand, set records for miles traveled on railroads in what was dubbed as his Whistle Stop campaign, never neglecting to give Republicans hell at every stop.

Truman did not run again in 1952. His administration was hit with corruption scandals, the Korean War was dragging on and Eisenhower seemed unbeatable as his Republican challenger.

Dwight David Eisenhower did triumph in 1952, soundly defeating Illinois Governor Adlai Stevenson by about 10 percentage points of the vote.

"I like Ike" exclaimed Republican campaign buttons while Democrats were "Madly for Adlai."

Stevenson was urbane and

well-spoken while Eisenhower tried very hard to be seen as a man of the people. But ordinary Joe's seldom become president or lead armies to victory in a world war. In reality, Ike was cold, calculating, extraordinarily intelligent, ruthless, ambitious and determined to have his way at every conceivable opportunity.

He ended the Korean War by secretly threatening the use of nuclear weapons against the Chinese. Fearing a garrison state, Ike cut defense spending, depending on nukes to restrain Soviet ambitions. He balanced the budget most of his years in the White House, funded the historic Interstate Highway System and went on to handily defeat Stevenson again in 1956.

When Eisenhower stepped down in 1960, the nation had enjoyed peace and prosperity for almost eight years and his presidency was as popular with his fellow Americans as when he first entered office. His record, then, provides a pretty fair indication of political genius.

The presidential reign of John F. Kennedy lasted only about a 1,000 days but many Americans still fondly recall his summons to "Ask not what your country can do for you but ask what you can do for your country" and his promise "to pay any price, bear any burden...to assure the survival and success of liberty."

### commentary

After a shaky start, JFK began to inspire his countrymen, pushing Civil Rights, forcing the Russians to remove offensive missiles from Cuba, cutting the tax burden, and revitalizing humor in the White House.

He laughed out loud when Illinois Sen. Everett Dirksen said of Kennedy bill would have all the impact "of a snowflake on the bosom of the Potomac" and seldom failed to deflate pretensions of VIPs visiting the White House.

Kennedy got America moving again and his rhetoric promoted patriotism more effectively than most presidents ever could.

Lyndon Baines Johnson was sworn in as president aboard Air Force One after President Kennedy was assassinated. His presidency melted in the cauldron of change which convulsed America in the 1960s.

Johnson's spending on his Great Society wasted much money and was often counterproductive. LBJ mismanaged the Vietnam War, too, leading to protests in the streets the government seemed helpless to stop.

Johnson steamrollered over Barry Goldwater to win the 1964 election in a landslide. His campaign painted the Arizona Republican as a dangerous extremist who threatened to abolish Social Security while starting World War III.

But it's hard to see how Goldwater could have fared much worse in the Oval office. Johnson did accomplish more significant civil rights legislation than any president since Lincoln.

LBJ dropped out of the 1968 election during the Democratic primaries. Senators Eugene McCarthy and Robert F. Kennedy were sniping at his heels and he could find very little support in the American heartland.

After Robert Kennedy was assassinated in Los Angeles during the summer of 1968, Hubert Humphrey was nominated by the Democrats. Humphrey came close to beating Richard Nixon, whose votes were siphoned off by Alabama Governor George Wallace. Running as an independent, Wallace received 13 percent of the popular vote that year, gathering many of his votes from Nixon.

Just because he was para-



DoD photo by Staff Sgt. Lorie Jewell, U.S. Army

**SCOUTING THE TERRAIN -- Future President-elect Barack Obama looks down on Baghdad from an Army helicopter as Gen. David Petraeus, commander, U.S. Central Command, briefs him on the Iraq war's progress in a brief tour of Iraq and Afghanistan taken by Obama in July 2008.**

noid didn't mean that Richard M. Nixon's enemies were not out to get him.

Elected president in 1968 and reelected in a landslide over hapless George McGovern in 1972, Nixon displayed keen political talents before leaving the office under a cloud of his probable impeachment in 1974. He managed the ongoing Vietnam War pretty well, ordering bombing that shook even the

Israelis during the Yom Kippur War, probably saving that beleaguered country. But the Watergate scandal did him in. The founder of the Environmental Protection Agency subverted the rule of law in Watergate and had to go.

Gerald Ford served ably as a caretaker president before running on his own in 1976. Ford had trouble eking out a slightly higher delegate count than his Republican foe, California Governor Ronald Reagan in the primaries, making for the closest convention squabble since 1952 for the Republicans. He also got slammed by the public in the general election for pardoning Richard Nixon. In the 1976 election, Ford barely lost to former Georgia Governor, Jimmy Carter.

President Carter's four years in office were characterized by the hostage crisis in Iran, the "Desert One" rescue debacle that failed to release Americans held hostage in the embassy at Tehran, the Soviet invasion of Afghanistan and stagflation (combining unemployment rate with inflation rate) exceeding 20 percent!

Carter thought Americans were suffering from a "malaise." Republicans and many other Americans said their malaise came from Jimmy Carter. In any event, Carter got waxed in debate with Ronald Reagan at Cleveland (where he mentioned consulting his teenage daughter Amy on the dangers of nuclear war).

Reagan won the election by about 10 percentage points. America's hostages in Iran were released on the day that Ronald Reagan took the oath of the presidency. He had said in his campaign that all options, including the military one, were on the table to get our people back. The Iranians believed him.

Reagan broke an airline strike before getting wounded by another crazed assassin. Eight years of peace and prosperity followed. The former actor used his office as a bully pulpit to boost citizens' optimism and honor traditional values. He conducted a massive military buildup which eventually helped break the Soviet

empire, financially.

Negatively, Reagan ran up huge deficits and failed to stop some of his aides from selling illegal arms to Iran to pay for weapons given to Nicaraguan anti-communist rebels, the Contras.

Reagan's vice president succeeded him in the presidency in 1988. George H.W. Bush defeated Massachusetts Governor Mike Dukakis after many in the electorate decided they didn't need a bloodless technocrat like Dukakis in the Oval Office.

Bush showed great skill in managing the Gulf War victory in 1990 but gave little indication that he had much understanding of the economy. Economic downturns brought Texas billionaire Ross Perot into the 1992 campaign as an independent along with the Democratic nominee, William Jefferson Clinton, former governor of Arkansas.

Clinton won, becoming the 44th president and the first Democrat since Franklin Roosevelt to serve more than one term. He pushed through the North American Trade Agree-

ment (NAFTA) and signed a very effective welfare reform bill into law. But most of all, the young president basked in the performance of an economy that went through the roof thanks to enhanced computer products selling like crazy.

Clinton beat off an impeachment effort in his second term for lying under oath about a sexual peccadillo, an escapade that degraded all involved.

A polished speaker with very high intelligence, Clinton left office still quite popular but many Americans felt he never lived up to his potential.

President Bush's son, George W., succeeded Clinton in the Oval Office for two terms and is about to leave office with two wars raging, an economy in decline and a 30 percent approval rating.

As the first African-American president and as a harbinger of hope in tough economic times, President-elect Barack Obama takes most citizens' best wishes with him into office at the end of next January.

His destiny is ours.

## Master Sgt. Endrie R. Sutton 1960 - 2008

Fort Dix employee and retired Army Master Sergeant Endrie R. Sutton, 48, died Monday, Nov. 10 at Virtua Memorial Hospital in Mt. Holly.

Funeral services were held Tuesday, Nov. 18 at Mt. Pisgah A.M.E. Church in his hometown of Sumter, S.C. There was also a memorial service held in his honor at Chapel 5 on Fort Dix on Nov. 18.

Following retirement from active duty in the Army in March of this year, Sutton worked for Fort Dix as a tower operator for weapons qualifications at range control. In his free time, the ever-ambitious old Soldier ran a car detailing business in Burlington County.

Endrie R. Sutton was born April 24, 1960 at Shaw AFB in Sumter, S.C. A 1979 graduate of Sumter High School, Sutton attended a technical college briefly before joining the Army on Feb. 17, 1982.

Military life appealed to him.

Sutton completed Basic Training and Advanced Individual Training (AIT) at Fort Benning, Ga. Over the course of his career he was stationed in Berlin, Germany; Fort Benning, Korea, and Fort Stewart, Ga.

His last duty station was at Fort Meade, Md. where he retired as a master sergeant from the 72nd Field Artillery Brigade on March 1, 2008, after accumulating 26 years of active duty service.

Sutton received numerous



Master Sgt. Endrie Sutton

awards and honors during his long career including two Meritorious Service Medals, four Army Commendation Medals, four Army Achievement Medals, eight Army Good Conduct Medals, two National Defense Medals, one Global War on Terrorism Medal, Non-Commissioned Officer Development Ribbon (third award), an Army Service Ribbon, Overseas Service Ribbon (second award), Basic Marksmanship Qualification Badge and Drill Sergeant Badge.

Surviving members of Sutton's family include his mother, Thelma G. Sutton of Sumter; daughter, Endretta Summers of Columbia, S.C.; two sons, Taraliah Sutton of Byram, Miss. and Andre Sutton of Mt. Laurel; his fiancée, Keziah Jennings of Mt. Laurel; a sister, Sheryl J. Paige of Tampa, Fla.; and a brother, Norris E. Sutton II of Macon, Ga.

Team Dix salutes him.



www.scrippling.com

**NEVER SAY DIE -- President Harry S. Truman holds up a sample of a newspaper caught with its pants down, failing to foresee President Truman's come from behind victory in his 1948 presidential triumph over New York's Republican Governor, Thomas E. Dewey.**



www.miller-mccune.com

**REPUBLICAN TEAM -- Vice President George H.W. Bush, Republican nominee for president, walks with U.S. Senator from Indiana Dan Quayle shortly after nominating Quayle to run with him against the Dukakis-Bentsen ticket in 1988. Quayle's campaign got off to a slow start when he was accused of "looking like a deer in the headlights" by reporters at a news conference and when U.S. Sen. Lloyd Benson took him apart in the vice presidential debate. Although the Republicans captured the White House that year, Quayle suffered much ridicule during his four-year tenure as vice president.**

# Joint Base acronyms listed

As the stand-up of Joint Base McGuire-Dix-Lakehurst draws near, members of the community are faced with a new list of acronyms to learn. While some are familiar to the Army or Air Force or Navy personnel, many are new to the Joint Base process.

Following is a list of the most common acronyms compiled by the Plans, Analysis and Integration Office.

JB-MDL - Joint Base McGuire-Dix-Lakehurst - Term typically used as a title for the Joint Base.

OSD - Office of the Secretary of Defense - primary group driving the Joint Base effort.

DoD - Department of Defense

BRAC - Base Re-Alignment and Closure - Legislation provided to the military dictating changes to organizational structure and missions of bases (closing bases, merging bases, etc.)

MOA - Memorandum of Agreement - In reference to Joint Base, this document details what functions/responsibilities will be transferring from Fort Dix to Joint Base control.

ACSIM - Assistant Chief of Staff for Installation Management for the Army - Oversees changes to installations, including Joint Basing

IMCOM - Installation Management Command

IMCOM-NE - Installation Management Command North East - Division of IMCOM that Fort Dix reports to on Joint

Baseing and other installation issues

IOC - Initial Operational Capacity - Scheduled to occur on March 31, 2009. According to ASCIM, IOC is the point at which functions begin to transfer to Joint Base responsibility. This will be a phased approach of transferring responsibilities from Navy and Army equities to the AF run Joint Base installation support.

FOC - Full Operational Capacity - Scheduled to occur on October 1, 2009. FOC is the point where AF assumes all installation support control.

JBIG - Joint Base Implementation Guidance - Document provided from OSD lay-

out to the Joint Base.

USASAFD - US Army Support Activity Fort Dix - Title for what is currently Fort Dix upon stand up of the Joint Base

ASA - Army Support Activity - The mission of the ASA will be to provide effective and efficient mission support to Army organizations across annex/ installation in order to enable training, mobilization, deployment and redeployment of Reserve/Active Components

SATAF - Site Activation Task Force - Air Force term given to team that assists in creation and standup of the Air Base Wing

MILPERS - Military Personnel - Term used to describe military human resource department

PAIO - Plans, Analysis &

Integration Office - Department on Fort Dix that represents the Army during the Joint Basing process at the discretion of the Commander

DOIM - Directorate of Information Management - IT support division of Fort Dix

DPDMS - Directorate of Plans, Training, Mobilization and Security

DPW - Directorate of Public Works - Department that handles items such as maintenance and real property

DMWR - Directorate of Morale, Welfare, and Recreation - Department in charge of various services provided to the community and tenants of Fort Dix, including recreational activities

DOL - Directorate of Logistics

DPS - Directorate of Public Safety - Law enforcement, etc.

RM - Resource Management Office - Handles financial management of Fort Dix operations as well as manpower

PAO - Public Affairs Office

DES - Department of Emergency Services - Fort the Army, usually includes fire, police, EMS, etc.

Air Force Terms vary from traditional Army titles in some respects. Below is a list of typical terms used by the Air Force with definition:

CS - Communications Squadron, equivalent to DOIM

CES - Civil Engineering Squadron, similar to DPW except it includes firefighters

LS - Logistics Readiness Squadron, similar to DOL

SVS - Services Squadron, the same role as MWR

MSS - Mission Support Squadron (includes CIVPERS, MILPERS, Manpower)

FM - Financial Management Comptroller

SE - Safety

XP - Plans and Programs

CONS - Contracting Squadron

SFS - Security Forces Squadron, equivalent of police

OSS - Operation Support Squadron is the same as Army Airfield Operations

CCP - Protocol

HC - Chaplains and religious programming

Retirement briefings scheduled next month

The Fourth Quarter Military Pre-Retirement/Separations Briefing will be held Dec. 9, through 12 at the Timmermann Conference Center, Pennsylvania Avenue and Eighth Street.

The daily sessions will run from 8 a.m. to 4:30 p.m.

This is a requirement for Soldiers within 120 days of retirement or departure on terminal leave.

Soldiers who are outside the 120-day window for retirement are encouraged to attend.

Representatives from the Veterans Administration, Department of Labor, Finance, Transportation, and other agencies with critical information, will be available to brief and answer questions.

For more information, or to make reservations for the briefing, please call the Retirement Services Office at 562-2666.

## POLICE LOG

Police Log is a weekly synopsis of significant police activities developed from reports, complaints, incidents or information received and actions taken, for the week of Nov. 10 through 16.

The abbreviation DoD stands for Department of Defense; NAFD means Not Affiliated with Fort Dix (the subject doesn't live or work here); NCIC stands for National Crime Information Center; DWI means Driving While Intoxicated; CDS means Controlled Drug Substance; POV means Privately Owned Vehicle; MAFB stands for McGuire Air Force Base; USAF EC stands for US Air Force Expeditionary Center; AHCC stands for Ambulatory Health Care Clinic (MAFB); VMHBC stands for Virtua Memorial Hospital of Burlington County; CP stands for Checkpoint Number.

Police responded to a report of malicious mischief at TAC 13. Investigation revealed person(s) unknown had cut a fence. A work order was submitted. Investigation continues.

Police and the 305th EOD responded to a report of a suspicious package outside Bldg. 5957. The building was evacuated and EOD conducted an inspection of the bag with a robot. Investigation revealed it was a personal bag left unattended by a Sailor assigned to Fort Dix.

Police responded to a motor vehicle crash on New Jersey Avenue. Investigation revealed a vehicle, operated by a military dependent, was struck by a deer. The deer was killed on impact. There were no reported injuries and the vehicle was released to the operator at the scene.

While conducting a routine credential check of a vehicle attempting to enter the installation via CP#9, police discovered the operator, a civilian NAFD, had a suspended driver's license. The subject was cited and the vehicle released to the licensed driver.

While conducting a routine credential check of a vehicle attempting to enter the installation via the Wrightstown Gate, police discovered the operator, a civilian NAFD, had a suspended driver's license and an outstanding warrant from North Plainfield. North Plainfield was contacted and issued a new court date. The subject was cited and the vehicle released to a licensed driver.

Police and Fire Department personnel responded to a fire alarm at Bldg. 5215. Investigation revealed the alarm was caused by a malfunctioning system. A work order was placed for repairs.

Police and Fire Department personnel responded to a fire alarm at Bldg. 5989. Investigation revealed that person(s) unknown had pulled the fire alarm box. There was no fire and the building was cleared for Soldiers to return.

Police and Fire Department personnel responded to a CO alarm in the Garden Terrace housing area. Investigation revealed the high CO alarm was caused by the heater. United Communities was contacted for immediate action.

Police responded to a traffic accident on Pioneer Lake Road. Investigation revealed a vehicle, operated by an Airman NAFD, lost control in training and struck a fence. There were no reported injuries and the vehicle was released to the operator at the scene.

Police responded to a report of disorderly conduct at the Visitor Center. Investigation revealed the subject, a civilian NAFD, was loud and abusive after being denied access to the installation. When he failed to comply with instructions to depart, he was transported to the police station for processing, cited, and escorted off post. Investigation continues.

While on routine patrol, police discovered four subjects (three Fort Dix civilian employees and a civilian NAFD) in a shed on the range complex. Police observed the subjects passing a pipe and noted a strong odor of CDS. Police seized contraband material and apprehended all four subjects. Two vehicles were towed from the scene and the subjects transported to the police station for processing. All four subjects were cited. Three were escorted off post and one released to his sponsor.

Police and Fire Department personnel responded to a report of a fire at the Fountain Green Golf Course. Investigation revealed a kitchen broiler had flamed up for unknown reasons. The broiler was taken out of service pending repair.

Police and Fire Department personnel responded to a fire alarm at Bldg. 5255. Investigation revealed the alarm was accidentally activated by contractors working in the building.

Police and Fire Department personnel responded to a fire alarm at Bldg. 5603. Investigation revealed the alarm had malfunctioned. A work order was submitted.

Police and Fire Department personnel responded to a CO alarm in the Garden Terrace housing area. Investigation revealed a faulty battery. The battery was replaced.

Police and Fire Department personnel responded to a fire alarm at Bldg. 5910. Investigation revealed the alarm was accidentally activated.

Police responded to a traffic accident on Texas Avenue. Investigation revealed a vehicle, operated by a civilian NAFD, struck a second vehicle from the rear. A passenger in the second vehicle complained of soreness in the neck but refused medical treatment. The subject was cited and the vehicles released to the operators at the scene.

While on routine patrol in the Garden Terrace housing area, police observed a refrigerator, put out for trash, with the door still affixed. Police removed the door and informed the resident that door removal was required.

While conducting a routine credential check of a vehicle attempting to enter the installation via the Browns Mills Gate, police discovered the operator, a civilian NAFD, had a suspended driver's license and two active warrants out of Burlington County. The subject was cited and transferred to the custody of the Burlington County Sheriff's Department. The vehicle was released to a licensed driver.

While conducting a routine traffic stop at the Main Gate, police detected an open container of alcohol in the vehicle. The operator, a Soldier NAFD, was given field sobriety tests and found not to be impaired. The subject was cited and released.

There were eight expired identification cards confiscated during the period.

There were 43 Magistrate Court Citations issued. DWI incidents remain at 12 for the year.

Read  
The Post!

# Blaze scorches Doughboy Inn



photos by Wayne Cook and Jennifer Chupko

**HOT SPOT** -- More than 60 firefighters from eight fire departments respond to a two-alarm fire at Doughboy Inn the morning of Nov. 17. A crackling sound in the ceiling alerted a resident to the possibility of the fire just before the alarms activated. Above, residents of the inn look at a pile of debris pulled from the burned out rooms. Above right, firefighters exchange breathing apparatus containers as they prepare to reenter the structure to help contain the fire. Right, firefighters prepare to enter a room to ventilate the ceiling to allow the smoke to escape and to locate the flames that spread through the wing via the roof beams. No injuries occurred and the cause is still under investigation.

## Family, Medical Leave Act amended

N. Anderson  
Fort Dix Legal Office

On Nov. 17, the Department of Labor published its final rule to implement amendments to the Family and Medical Leave Act (FMLA). The changes are scheduled to take effect Jan. 16, 2009.

Included in the new amendments are two new military family leave entitlements.

The original FMLA, enacted in 1993, provides that covered employers (state, local, and fed-

eral employers, local education agencies, and certain private-sector employers who employ fifty or more employees) must grant eligible employees up to a total of twelve workweeks of unpaid leave during any twelve-month period for the birth of a newborn child, adoption or foster care of a child, care of an immediate family member with a serious health condition, or to take medical leave when the employee is unable to work due to a serious health condition.

The recently adopted changes to the FMLA give mil-

itary families special job-protected leave rights.

The first amendment is known as the "military caregiver leave," which

***The first amendment is known as the "military caregiver leave," which allows eligible employees, who are family members of covered servicemembers, to take up to twenty-six weeks of leave in a single twelve-month period to care for a covered servicemember with a serious illness or injury incurred in the line of duty on active duty.***

itary families special job-protected leave rights.

The second amendment, known as the "qualifying exigency leave," allows families of National Guard and Reserve

personnel on active duty to take FMLA job-protected leave to manage their affairs or take care of "qualifying exigencies."

personnel on active duty to take FMLA job-protected leave to manage their affairs or take care of "qualifying exigencies."

personnel on active duty to take FMLA job-protected leave to manage their affairs or take care of "qualifying exigencies."

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personnel on active duty to take FMLA job-protected leave to manage their affairs or take care of "qualifying exigencies."

legal arrangements, counseling, rest and recuperation, post-deployment activities, and additional activities that may occur as agreed upon by the employer and employee. The expansion of the FMLA is recognition of the sacrifice, service, and selflessness of both servicemembers and their family members.

To obtain more information about the Family and Medical Leave Act, visit the <http://www.dol.gov/esa/whd/fmla/> website or contact the Installation Legal Office at (609) 562-3043.

## Culture complicates Afghanistan battle

Jim Garamone  
American Forces Press Service

**WASHINGTON, Nov. 19, 2008** -- Afghanistan's complex environment colors military operations in the nation, the top U.S. and NATO commander in Afghanistan told the Atlantic Council of the United States here yesterday.

Army Gen. David D. McKiernan said Afghanistan's culture of violence, exacerbated by more than three decades of warfare, combines with the opium poppy trade to produce a toxic brew in the nation.

Afghanistan's heroin trade funds the insurgency, McKiernan said.

While the Taliban is the main group in the country, various other extremist groups continue to merge and fall apart and find common ground with drug traffickers, he said.

Afghan men continue to fight for various reasons, the general said.

"They are either unemployed, they are fighting for intra-tribal reasons, they are fighting because their families are intimidated, they are fighting for reasons of power [of] a variety of localized reasons ... including ideological reasons associated with the Taliban," McKiernan said.

The country is dry, withered and rugged from the deserts of the south to the Hindu Kush Mountains in the north, but the most complex terrain in the country is the "human terrain," the general said.

Each of more than 400 trib-



Capt. James Reid

**FROM THE GROUND UP** -- United States military engineers work to bridge gaps on Afghanistan's Highway 1 last summer. Years of conflict and harsh climate have eroded many of the country's main highways and bridges, creating many security issues.

al groups comprises various sub-tribes and family groups. Tribes mix and match in the cities, but at least 70 percent of Afghans live in remote and rural areas, where tribal and family influences remain strong.

Literacy rates, tribal connections and history all contribute to the human terrain that an outsider has to consider, McKiernan said.

The Afghan army is on the right path toward providing for Afghanistan's security, McKiernan said, but he acknowledged that the coalition has "a long way to go with respect to the Afghan police."

The coalition is focusing its training on members of the

local police, trying to turn a cultural tide of perceived ineptitude and corruption.

Often in the past, local police served as strong-men who kept people in line for local warlords.

The training, known as "focused district development," involves sending a district's entire police force to a

regional training center while a highly trained unit of police provides security in the district.

When the newly trained local officers return, they work with the substitute force and coalition mentors to help their training take root.

The program has been "generally successful," McK-

iernan said.

"We've had lower numbers of security incidents, lower casualties of all kinds," he said. "It's a program that needs more resources and more assistance from the international community, but it's a proven program that will continue into the future."

McKiernan said he looks at Afghanistan and Pakistan as a "regional problem set," as no solution will work without including the other country in plans.

The Pakistani army, the Afghan army and coalition forces all work together near the border.

"I'm not saying there is perfect symmetry and synchronization on both sides of the border," he said. "But I am cautiously optimistic, because we are doing things together on the ground that we weren't even talking about five or six months ago."

The coalition has to continue equipping and training the Afghan National Army, and it must continue training the Afghan police, McKiernan said.

The coalition and Afghans must continue to work with Pakistani security forces, he added. As far as the Afghan people are concerned, security success means the freedom to move about, McKiernan said.

"They want a government they can trust that will meet their expectations," he said. "They want some progress, some hope, for their families. Not a lot — not as much as we would want. But they want a sense of progress for the future."



# NEIGHBORHOOD

## THE CORNER

### HOLIDAY HOURS

**Griffith Field House**  
Nov. 27 - 8 a.m. - 5 p.m.

**Bowling Center**  
Nov. 26 - 5 p.m. to 9 p.m.  
Nov. 27 - CLOSED  
Nov. 28 - 4 p.m. to 10 p.m.  
Nov. 29 - 1 p.m. to 9 p.m.  
Nov. 29 - 2 p.m. to 9 p.m.

Dec. 24 - CLOSED  
Dec. 25 - CLOSED  
Dec. 26 - 4 p.m. to 10 p.m.  
Dec. 27 - 1 p.m. to 9 p.m.  
Dec. 28 - 2 p.m. to 9 p.m.  
Dec. 31 - 8 p.m. to 1 a.m.  
ONLY OPEN FOR NEW YEAR'S EVE PARTY (ticketed event)  
Jan. 1 - CLOSED

**Club Dix:**  
Nov. 27 - CLOSED  
Nov. 28 - 30 - 10 a.m. to 6 p.m.  
Computer Lab ONLY  
Dec. 24-25 - CLOSED  
Dec. 26-28 - 10 a.m. to 6 p.m.  
Computer Lab ONLY  
Dec. 31 - Jan. 1 - CLOSED  
Jan. - 10 a.m. to 6 p.m.  
Computer Lab ONLY

**Golf:**  
Nov. 27 - 7 a.m. to 3 p.m.  
Dec. 24-25 - CLOSED  
Dec. 31 - Jan. 1 - CLOSED

**Arts & Crafts**  
Nov. 27 & 28 - Closed  
Dec. 25-26 - Closed  
Jan. 1 - Closed

**Aquatics**  
Nov. 24 through Dec. 15 - Closed for Maintenance  
Dec. 25 - 26 - Closed

**Recreation Center**  
Nov. 27-28 - 4 p.m. to 10 p.m.

**Childcare Centers**  
Nov. 27 - Closed  
Dec. 25 - Closed  
Jan. 1 - Closed

### Concert sold out

Tickets for the Dec. 2 Patti LaBelle concert at Timmermann Center are sold out. For more information call 562-6772.

### Free child care offered for parents in need of break

The Child Development Center will be open for Friday Night Free Respite Care, Nov. 21 and Dec. 12, from 5:30 p.m. to 9:30 p.m. for children aged 6 weeks to 12 years. Reservations are required. For more information call 562-4702.

### Holiday dinner theater coming to Club Dix

Tickets are now available for "Once Upon A Christmas Dinner Theater." Bring the family for a buffet dinner and relive the immortal tale of Ebenezer Scrooge performed by The Ridderbrook Touring Company Dec. 6 at 7 p.m. at Club Dix. Tickets can be purchased at Club Dix or Family, Morale, Welfare Recreation Headquarters, 6043 Doughboy Loop. Tickets are \$15 for adults and \$10 for children 12 and under. Call 723-3272 for details.

### Donations sought for Thanksgiving baskets

The Fort Dix Main Chapel is seeking food donations for Thanksgiving baskets. Donations of canned goods, boxed potato mix, and stuffing can be dropped off at the Main Chapel during business hours, Monday through Friday from 7 a.m. to 4:30 p.m. and Sunday from 7 a.m. to 1 p.m. Families wishing to receive a basket should call 562-5245 for application information.

### Submissions sought for Army photo contest

The All Army Digital Photography Contest is seeking entrants. The deadline for submissions is Dec. 7. To enter, access the contest website and submit your photo at <https://artscrafts.fmwre.army.mil>. The contest is open to all active duty Soldiers and civilians. Contest information and assistance are available at the Arts & Crafts Center. Call 562-5691 for more information.

### Christmas Trees on sale soon

Fort Dix Family, Morale, Welfare, Recreation Christmas Tree sales begin Nov. 27 at Outdoor Recreation, Building 6045. Hours are Monday through Friday 10 a.m. to 5 p.m. and Saturday and Sunday from 9 a.m. to 4 p.m. For more information call 562-6667.

## Humor helps manage stress

**Denise Horton**  
Employee Assistance Program

With the stress generated by the worry over financial issues, deployment, and everyday life, the holidays may not seem as jolly to many of us. It is important to try to develop strategies for stress management.

The purpose of this article is to outline what you can do to use your sense of humor to assist you in managing your stress.

A psychologist, Albert Ellis wrote a chapter in an edited book, REF, Handbook of Rational-Emotive Therapy with Russell Grieger in 1977. The following ideas are derived from Ellis's work.

We have four basic needs as humans:

1. freedom
2. acceptance (of ourselves and others)
3. love
4. fun

How do we get these? How much do we stress over these? Having them or not having them?

Ellis notes that we spent lots of time taking ourselves too seriously, exaggerating our problems, catastrophizing the outcomes, awfulizing, and horribilizing the problems.

Stress can be viewed as the difference between what you have and what you want.

Hans Selye, a writer on stress,

defined stress as the "wear and tear of life", which may include both internal and external stresses. With a piece of paper sit down and list your stressors.

When you put a name to them, they often do not seem as large to manage.

Ellis noted several assumptions to stress that need to be considered.

• Ellis's work suggests that we are responsible for our own disturbances. Our belief system comes into play and determines what we feel about a particular situation. If you can begin to find funny in life and let go, it implies you may feel and be less stressed.

• Self acceptance includes accepting the limitations and faults, not making excuses for them. It is a process of changing self-defeating and un-useful behaviors, what can you control? Not wheel spinning over what you cannot control. Demanding the world to be different is not going to happen.

• Belonging and approval seeking, we need to be a part of something as humans- we do not need or will die from not having the approval of others- what groups do you belong to and what does that group membership mean for you? List them.

• Accepting your reality- while we may not like or particularly agree with something, the reality of a situation is the reality of a situation- low frustration tolerance is a term that

Ellis uses to describe the process we use to NOT accept reality- I can't stand it- or I can't believe that just happened- or how could he do this to me?

• Fun- there are no absolutes in life- black and white thinking leads to stress- lessens creativity and does not allow you perspective- Life has no guarantees, how a situation will come out- we have to take the bad with the good- the trick is to find the good more often. The lesser of two evils is still lesser- whining about what we do not have is not a way to live a life.

How can humor help?

• Humor can help a person laugh at themselves and increase self acceptance.

• Humor can clarify self defeating behavior in a non-threatening way (why do we laugh at comedians? they point out our crazy behaviors).

• Humor provides new data and better solutions in a unique way.

• Humor relieves the monotony and repetition in our day.

• Humor helps us to create an objective distance from the stress.

• Humor disrupts thinking patterns- strong and powerful way.

• Humor helps us to change our behavior patterns giving us freedom to take risks.

• Humor can distract us from our fears and worries for a time interrupting our self defeating thinking processes.

• Humor helps us to enjoy life and shows us how absurd we can be (think about your most embarrassing moment- is it funniest home video material?)

• Humor punctures human grandiosity- brings us on the same level playing field.

To say it another way: Cognitively- we think differently when we think funny- we see things we would not otherwise see if we are rigidly thinking.

Emotionally- Humor makes us belly laugh- which is a stress relief in itself- breaks up the doom and gloom.

Behaviorally- it encourages us to act differently- it diverts us, offers relief from anxiety.

How can you develop your sense of humor?

- Watch a funny movie
- The newspaper comics
- Tell a joke/joke books
- Be around funny people (watch out for the practical jokers)
- Listen and sit and watch people
- Get a tape of a comedian at your local movie rental place
- Go to a comedy club

Think of more and add to your list. Whether it is holiday time or any time, humor can help people cope.

If you or your section, unit, or workgroup would like more information on stress management or a class, please call the Employee Assistance Program, 609-562-4011

## Tips keep holiday turkey tasty

It's time to gather family and friends around the table and give thanks for our bounty.

But a big plate full of turkey and stuffing can quickly turn from a holiday dinner if food is not prepared properly.

To prevent full tummies, follow these simple guidelines from the United States Department of Agriculture (USDA).

### Fresh Turkeys

Allow one pound of turkey per person.

Buy your turkey only one to two days before you plan to cook it.

Keep it stored in the refrigerator until you're ready to cook it. Place it on a tray or in a pan to catch any juices that may leak.

Do not buy fresh pre-stuffed turkeys.

If not handled properly, any harmful bacteria that may be in the stuffing can multiply very quickly.

### Frozen Turkeys

Allow one pound of turkey per person.

Keep frozen until you're ready to thaw it.

Turkeys can be kept frozen in the freezer indefinitely; however, cook within one year for best quality.

### Frozen Pre-Stuffed Turkeys

The USDA recommends only buying frozen pre-stuffed turkeys that display the USDA or State mark of inspection on the packaging. These turkeys are safe because they have been processed under controlled conditions.

Do not thaw the turkey before cooking. Cook from the frozen state. Follow packaging directions for proper handling and cooking.

Allow one and one-quarter pounds of turkey per person.

### Thawing Your Turkey

There are three ways to thaw your turkey safely- in the refrigerator, in

cold water or in the microwave oven.

### In the Refrigerator

Allow approximately 24 hours for every four to five pounds of meat. For turkeys that

pound for four to 12 pound turkeys. Birds that weigh between 12 to 16 pounds will take between two to six hours to thaw. A 16 to 20 pounder will defrost in about eight hours and



weigh four to twelve pounds, allow one to three days to thaw. Twelve to 16 pound birds will take three to four days to defrost and 16 to 24 pound birds take up to a week to thaw.

Keep the turkey in its original wrapper. Place it on a tray or in a pan to catch any juices that may leak. A thawed turkey can remain in the refrigerator for one to two days. If necessary, a turkey that has been properly thawed in the refrigerator may be refrozen.

### In Cold Water

If defrosting the bird in cold water, allow approximately 30 minutes per

12 hours may be needed to defrost larger birds under water.

Wrap your turkey securely, making sure the water is not able to leak through the wrapping.

Submerge your wrapped turkey in cold tap water.

Change the water every 30 minutes.

Cook the turkey immediately after it is thawed. Do not refreeze.

### In the Microwave Oven

Check your owner's manual for the size turkey that will fit in your microwave oven, the minutes per pound, and power level to use for thawing. Remove all outside plastic

and wrapping.

Place on a microwave-safe dish such as a turkey baster.

Cook your turkey immediately.

Do not refreeze or refrigerate your turkey after thawing in the microwave oven.

REMINDER: Remove the giblets from the turkey cavities after thawing. Cook separately.

### Roasting Your Turkey

Set your oven temperature no lower than 325 degrees Fahrenheit. Place your turkey or turkey breast on a rack in a shallow roasting pan.

For optimum safety, stuffing a turkey is not recommended.

For more even cooking, it is recommended you cook your stuffing outside the bird in a casserole dish.

Use a food thermometer to check the internal temperature of the stuffing. The stuffing must reach a safe minimum internal temperature of 165 degrees.

If you choose to stuff your turkey, the ingredients can be prepared ahead of time; however, keep wet and dry ingredients separate.

Chill all of the wet ingredients such as butter/margarine, cooked celery, onions and broth. Mix wet and dry ingredients just before filling the turkey cavities. Fill the cavities loosely.

Cook the turkey immediately. Use a food thermometer to make sure the center of the stuffing reaches a safe minimum internal temperature of 165 degrees.

A whole turkey is safe when cooked to a minimum internal temperature of 165 degrees as measured with a food thermometer.

Check the internal temperature in the innermost part of the thigh and wing and the thickest part of the breast.

For reasons of personal preference, consumers may choose to cook turkey to higher temperatures.

## Shopping deals abound at Thrift Shop



The Fort Dix Thrift Shop has lots of gently used and new decorating and gift-giving items for the holidays, as well as everyday practical items. The array of items changes regularly. Now is also a great time to consign items to raise a little extra holiday cash.

Thrift Shop hours are: Wednesday, Dec. 3 from 3 p.m. to 7 p.m. and every Tuesday and Thursday from 10 a.m. to 2 p.m. with consignments taken those days from 10 a.m. to noon. The shop is located at 6501 Pennsylvania Avenue. For more information call 723-2683.

courtesy photo

# WARRIOR CARE

## SETTING THE EXAMPLE IN MILITARY WELL-BEING

### Veterans support WTU aquatic therapy

(continued from page 1)  
according to Col. (Ret) Nelson Mellitz, during the Aquatic Equipment Dedication.

"The aquatics help a lot because of the low impact exercises," said White. "It stretches the joints and muscles and the right equipment is needed to do that."

During the ceremony, Soldiers gave a demonstration of how the equipment is used with the instruction of White. They showed how the exercises work for different rehabilitation elements.

"As you can see, the Soldiers move their lower back muscles without putting too much stress on their legs," White said, while guiding Soldiers during an exercise demonstration in the indoor pool.

Warrior Transition Unit provides the management of the Soldier's medical problems or other health-related conditions that cause pain, limit ability to move, or limit the performance of functional activities. Aquatic program helps health conditions through prevention, restoration of function and through fitness and wellness

programs that achieve healthy and active lifestyles, according to White. The techniques promote the ability to move, reduce pain, restore functions, he said.

"Some Soldiers are in so much pain that they can't do therapy like that on land," said Capt. Robert Crymes, Executive Officer WTU. "The pool is always warm and it is good for the Soldiers to relax their muscles and then have a good workout."

An average of 30-60 Sol-

diers are in the water practicing aquatic exercises every day. That number will significantly increase with the new aquatics rehabilitation equipment.

"These guys can run in the pool way better than on land," said White.

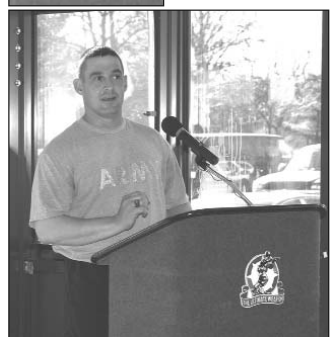
"It is very good for their cardio-fitness and nobody notices how much it helps because it is low impact and doesn't hurt as much compared to rehabilitation on land."

The Fort Dix WTU was the first to be recognized by WTU

nationwide for the aquatics therapy program. Other Installations have asked the Fort Dix WTU aquatics instructors to teach the courses, according to Dean.

"I don't know of any other WTU that has the military staff running a program like this," said Dean.

"The aquatics program is very beneficial to Soldiers because it is more effective and allows a speedier recovery, so we plan on expanding the aquatics program."



**AQUATIC MISSION** -- Above right, Staff Sgt. Jessie White explains the aquatic exercise techniques the wounded Soldiers will be using with the new equipment. Above left, Mr. Bob Richter, New Jersey Jewish War Veterans, expresses his support of the Warrior Transition Units aquatic program progression on behalf of the veterans.



Sgt. Nicole Dykstra, 72nd Field Artillery Brigade



Jennifer Chupko

**SPLISH, SPLASH** -- Jewish War Veterans of the United States presents the Warrior Transition Unit Commander Maj. David Dean a plaque of Recognition, during the Installation Dining-In Nov. 7, of the Special Aquatics Rehabilitation Equipment donation to Fort Dix, above. Soldiers demonstrate the use of rehabilitation equipment used by Warrior Transition Unit Soldiers to the Jewish War Veterans Post 126, Nov. 19. The veterans donated \$7,000 in support of the program which provide 20 different types of equipment for the aquatic exercises.

### Website provides resource links

Scott Wales  
Warrior Care and Transition Office

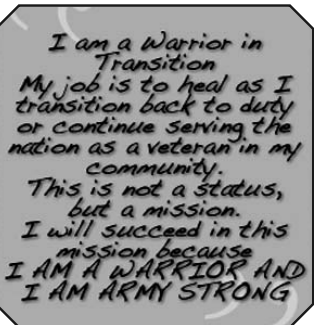
The National Resource Directory, an online resource center for wounded, ill, and injured servicemembers, their families, veterans, and those who really care about them, was launched Monday at Naval Medical Center in San Diego.

This joint resource, managed by the Department's of Defense, Labor and Veteran's Affairs, brings together over 10,000 different programs in Warrior Care.

They are organized into six major categories:

- Benefits and Compensation
- Education, Training and Employment
- Family and Caregiver Support
- Health, Housing and Transportation
- Services
- Resources

For more information please visit, <https://www.nationalresourceDirectory.org>



**WILLING, ABLE AND READY** -- From left to right, Sgt. Phillip Mooney, Staff Sgt. Jessie White, Sgt. 1st Class Charles Robert and Sgt. John Gierkin

### Soldiers make full recoveries

Jennifer Chupko  
Public Affairs Staff

When one of the men or women defending our country gets wounded, their medical care and recovery is the priority when they get transferred to the Warrior Care Unit (WTU.)

In 2007, the Army created 35 Warrior Transition Units (WTUs) at Army installations to fill a gap in support personnel for wounded Soldiers.

Sgt. Phillip Mooney was in a vehicle that was hit by a roadside bomb. He sustained a cracked back and torn tendons in his left shoulder after the attack. Once back at Fort Dix in the WTU, he had surgery to repair the tears in his shoulder.

In 2008, another surgery was conducted and part of his collar bone was removed.

Sgt. 1st Class Charles Robert sustained a torn knee and shoulder in 2007, after falling during training. He has been in WTU since Feb 2008 and is now a staff member.

While in Iraq, Sgt. John Gierkin's vehicle was hit by roadside bomb in 2007. Ammunition was shot through the driver's side of the vehicle and he was hit in his right leg. The vehicle slowed down then hit by the road side bomb.

Platoon Sgt., Staff Sgt. Jessie White, was in a vehicle that was hit by a roadside bomb in Baghdad in 2007. His right ankle was broken.

Luckily, these four Soldiers are medically sound and close to recovery.



# Announcements

## Chapel Services 562-2020

### Sunday Services

Protestant  
9 a.m. to 10 a.m.

Catholic  
10:15 a.m. to 11:15 a.m.

Gospel  
11:30 a.m. to 1 p.m.

Sunday School  
10 a.m. to 11:15 a.m.

CCD  
9:15 a.m. to 10 a.m.

Chapel 5 - Bldg. 5950  
Church Street

General Protestant Service  
6:30 p.m.

Camp Victory  
Chaplain's tent

Hour of Power Protestant  
8 a.m. to 9 a.m.

Catholic  
8 a.m. to 9 a.m.

Mormon  
8 a.m. to 9 a.m.

Jewish  
8 a.m. to 9 a.m.

## Religious Services

### Islamic Prayer Room

Open 7 a.m. to 4:30 p.m.  
Monday through Friday  
Room 24

Christian Men of the Chapel  
Prayer Breakfast -  
Fourth Saturday of each month  
9 a.m. to 11 a.m.

Christian Women of the Chapel  
Meets every Tuesday  
9:30 a.m. to 11:30 a.m.  
at the Chapel and the  
4th Tuesday at  
Buttonwood Hospital.

Calling All Football Fans  
Sign Up for Our John Madden  
X-BOX Tournament for a  
chance to win an X-Box 360.  
For more information, visit the  
website at [www.mcguiresdix.com](http://www.mcguiresdix.com)  
or call the Leasing Office  
at (609) 723-4290.

Photo Contest  
Get your camera ready! UC  
will be hosting a photo con-  
test. United Communities is  
looking for the best photos of  
the housing area. Winner re-  
ceives a \$50 AMEX giftcard,  
second place receives a \$25  
AMEX giftcard. The photos  
will be displayed on the UC  
website. Photos are due to the  
UC leasing office by January  
12, 2009. For more infor-  
mation, contact the UC Leasing  
Office at (609) 723-4290.

Contemporary Ceram-  
ics & Mosaic Studio  
The Contemporary Ceramics  
Studio offers a large selection  
of bisque pieces to choose  
from to decorate and paint. All  
finished pieces are food, mi-  
crowave, oven, freezer, and  
dishwasher safe. We have lots  
of idea books, traceable de-  
signs, tools, and an experi-  
enced staff to help you create  
a finished piece you will love.  
Mosaics are a great way to ex-  
press yourself with colorful  
glass for home decor.

Krafty Birthdays-  
Arts & Crafts offers Krafty  
Birthday Parties! Parties  
include up to two hours of  
party room use, one craft pro-  
ject with instruction and all  
materials, with many exciting  
projects to choose from. When  
making party reservations,  
please make sure to stop by to  
select the craft and make pay-  
ment. Treat your loved one to a  
party they will remember.

Fort Dix STAR Program  
Suspected Terrorist Activity Reporting  
(STAR)  
Countering terrorism requires the help of everyone in the  
community. Only you know who or what belongs - or doesn't  
belong in your building, neighborhood, or work area. The sim-  
ple act of recognizing suspicious behavior and reporting it to  
the authorities could prevent terrorist acts and save lives.  
Become a STAR - please help Fort Dix by being alert and  
reporting any of the following:  
• **Surveillance:** Someone recording or monitoring activities  
using cameras, note taking, drawing diagrams, creating maps,  
using binoculars or other vision-enhancing devices. An element  
of this activity could also include mapping out routes and  
determining the timing of traffic lights and flow.  
• **Security:** Any attempt to measure reaction times and action  
by security forces. A test of security can be disguised as a sim-  
ple mistake such as a vehicle approaching a security barrier and  
then turning around or an attempt to circumvent access control  
procedures to assess strengths and weaknesses of the security  
forces and equipment.  
• **Acquiring Supplies:** Purchasing or stealing police and mili-  
tary uniforms, emergency responder type vehicles (such as  
police cars and ambulances), installation access passes and other  
government identification or the equipment to manufacture them.  
• **Dry Run or Practice:** People or vehicles appear to have  
been purposely placed in a particular position or area. This is  
especially true when planning a kidnapping, but also pertains  
to bombings.  
• **Actual Deployment of People and Assets:** People and sup-  
plies getting into position to conduct an attack. This is the last  
chance to alert authorities before an attack occurs.  
• **Suspicious Persons Out of Place:** People who don't seem  
to belong or fit in the surrounding environment, especially if  
involved in any of the above listed activities.  
Report any of the above to:  
Fort Dix Police (609) 562-6001 / 6002  
Fort Dix Antiterrorism Officer (609) 562-2153 / 2417

Protestant Thanksgiving  
Eve Service - 7 p.m.

Gospel Youth Christmas  
Pageant - December 13  
5 p.m.

Christmas Concert  
December 19, 5:30 p.m.

Christmas Eve Catholic  
Children's Mass, 5 p.m.

Christmas Eve Protestant  
Candle Light Service, 7 p.m.

Christmas Day  
Catholic Mass - 10:15 a.m.

New Year's Eve  
Catholic Mass - 6 p.m.

## SKIES Unlimited

Ballet  
Wednesdays  
\$45 Fee

3-5 years  
3:30 p.m. to 4:15 p.m.

4 and up  
4:30 p.m. to 5:15 p.m.

Child Development Center

Gymnastics  
Weekly

2-3 year olds - 30 min. classes  
\$40 per month

4-6 year olds - 45 min. classes  
\$45 per month

Child Development Center

Piano Lessons  
Fee \$20 for 1/2 hour

Cheerleading  
Saturdays  
\$45 Fee

5-9 years - 10 a.m. to 11 a.m.

10-18 years - 11 a.m. to noon

Youth Center

Martial Arts  
Wednesday & Friday

\$57 Fee

7-18 years

7 p.m. to 8 p.m.

Youth Center

## Recreation Center

Bldg. 5905  
(Military Only)

Monday through Friday  
4 p.m. to 10 p.m.

Saturday and Sunday  
Noon to 10 p.m.

## Cinema Schedule

### Theater is closed for renovations

## United Communities

### Upcoming Events:

Holiday Yard of the Month  
The week of December 15

United Communities will be  
judging for its annual Holiday  
Yard of the Month. UC will be  
looking for the most creative,  
festively decorated home in  
each of the housing areas.

Each area will have a Yard of  
the Month winner and Hon-  
orary Yard of the Month win-  
ner.

Holiday Guess How Many  
Come by the Leasing Office  
starting December 1 and guess  
how many M&Ms are in the  
jar. You could be the winner!

Holiday Contest  
UC will be hosting a Holiday  
Coloring Contest starting De-  
cember 1, don't forget to stop  
by and pick up your coloring  
books!

Holiday Craft Night  
December 10  
4 p.m. to 7 p.m.

UC Leasing Office  
All ages are welcome to at-  
tend. Call or stop by the leas-  
ing office for more details.  
Deadline to sign up is Decem-  
ber 8. Sign up and join the  
fun!

Pictures with Santa  
Wednesday, December 17  
1 p.m. to 6 p.m.

Santa will be stopping by the  
UC Leasing Office to take pic-  
tures with the residents. Stop  
by to have your picture taken,  
and don't forget your wish  
list!

Calling All Football Fans  
Sign Up for Our John Madden  
X-BOX Tournament for a  
chance to win an X-Box 360.  
For more information, visit the  
website at [www.mcguiresdix.com](http://www.mcguiresdix.com)  
or call the Leasing Office  
at (609) 723-4290.

Photo Contest  
Get your camera ready! UC  
will be hosting a photo con-  
test. United Communities is  
looking for the best photos of  
the housing area. Winner re-  
ceives a \$50 AMEX giftcard,  
second place receives a \$25  
AMEX giftcard. The photos  
will be displayed on the UC  
website. Photos are due to the  
UC leasing office by January  
12, 2009. For more infor-  
mation, contact the UC Leasing  
Office at (609) 723-4290.

Contemporary Ceram-  
ics & Mosaic Studio  
The Contemporary Ceramics  
Studio offers a large selection  
of bisque pieces to choose  
from to decorate and paint. All  
finished pieces are food, mi-  
crowave, oven, freezer, and  
dishwasher safe. We have lots  
of idea books, traceable de-  
signs, tools, and an experi-  
enced staff to help you create  
a finished piece you will love.  
Mosaics are a great way to ex-  
press yourself with colorful  
glass for home decor.

Krafty Birthdays-  
Arts & Crafts offers Krafty  
Birthday Parties! Parties  
include up to two hours of  
party room use, one craft pro-  
ject with instruction and all  
materials, with many exciting  
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Residential Refuse  
Collection  
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3800 and 3900

Wednesday  
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4200s Except 4252 - 4260

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lying container.

## Arts & Crafts

Bldg. 6039 562-5061

Registration Hours:

Tuesday  
9 a.m. to 4:45 p.m.

Wednesday & Thursday  
Noon to 5 p.m. and  
6 p.m. to 8:45 p.m.

Friday  
11 a.m. to 4:45 p.m.

Saturday  
9 a.m. to 4:45 p.m.

Military Family  
Month Specials -  
From November 1 - 29

In honor of our military fami-  
lies, we are offering  
20 percent off framing of fami-  
ly and military portraits  
(presentation items not in-  
cluded), and 20 percent off all  
ceramic and mosaic items,  
plus critters and outfits.

Adult Introductory  
Painting Course -  
November 6 - December 18,  
Thursdays

6:30 p.m. to 8:30 p.m.  
(6-week course)  
\$30 registration fee,  
plus materials.

Build on techniques learned in  
Introductory Drawing or dis-  
cover all new painting skills.  
The course will cover various  
paint media including acrylic  
and watercolor paints. Come  
join us for a "colorful" and fun  
experience!

November Gallery  
Exhibit-  
Illustrations by Joseph Russo-  
Joseph Russo displays his  
prints in the gallery through  
the month of Nov. Russo  
worked on Fort Dix as an il-  
lustrator more than 25 years,  
and his work focuses  
on military themes.

Contemporary Ceram-  
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The Contemporary Ceramics  
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Mosaics are a great way to ex-  
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Krafty Birthdays-  
Arts & Crafts offers Krafty  
Birthday Parties! Parties  
include up to two hours of  
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## Youth Center

562-5061

Bldg. 1279 Locust Street

Hours of Operation:

Monday - Friday  
2 p.m. to 7 p.m.

Saturday  
1 p.m. to 7 p.m.

Sunday CLOSED

Administrative Hours:  
Tuesday - Friday  
Noon to 6 p.m.

Weekly Schedule

Monday - Friday

Power Hour  
2:30 p.m. to 4 p.m.

Computer Lab  
4 p.m. to 6 p.m.

Saturday  
November 22

Keystone Club Thanksgiving  
Potluck Dinner  
4 p.m. to 6 p.m.

Teen Center Closed

Monday  
Triple Play  
3:45 p.m. to 4:45 p.m.

Tuesday  
Journalism  
3:45 p.m. to 4:45 p.m.

Wednesday  
Fashion Design  
3:45 p.m. to 4:45 p.m.

Thursday  
Shutterbugs  
4 p.m. to 6 p.m.

Thanksgiving  
Friday / Saturday

Closed for Holiday

Arts & Crafts

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Arts & Crafts offers Krafty  
Birthday Parties! Parties  
include up to two hours of  
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## ACS

562-2767

Bldg. 5201 Maryland Avenue

Calendar of Events

Tuesday, November 25

Hearts Apart  
10 a.m. to 1 p.m.

ACS

Wednesday, November 26

Love the Home You're With  
11 a.m. to noon

ACS

Thursday, November 27



# Longtime friends become Soldiers

Lisa Evans  
Public Affairs Staff

From crayons to the gridiron, from basic training to Fort Dix, three friends are still together.

Spc. Shane Chadwick, 21, Spc. Ryan Lavoie, 22, and Spc. Kyle Martin, 21, grew up as friends, played football for the same team in high school, and arrived together on Fort Dix with the Taunton, Mass. 772nd Military Police Company on Nov. 3.

Chadwick, a wide receiver, and Lavoie, a tackle, play with the Whaling City Clippers, a semi-pro New England football team. The team had reached the New England Football League's playoffs, their version of the Super

Bowl, when the three buddies were called up.

Chadwick and Lavoie will be missing playoffs for the second time. They both missed final games in high school because of injuries. Lavoie injured his knee just before Thanksgiving his senior year, and as a junior, Chadwick crashed his car into a tree and ended up with a titanium rod holding his leg together.

Neither injury kept the two from playing with the semipro pros later. Martin had other ideas after high school that didn't include sports.

"We used to do coloring with crayons, I would take half and he (Kyle) would take half," Lavoie remembered. "Then we would switch pages back and forth. We even cheated on homework from grade school

up through high school. When we got out of high school Kyle went to college and we went to class with him."

"To keep him company," Chadwick claimed.

Grimacing, Lavoie added, "Then we made him drop out and join the Army with us."

"We wanted to do the buddy system," Martin said. "We got lucky and got a good recruiter."

Martin and Lavoie have been best friends since first grade. Chadwick joined them in the fifth grade. Attending the same schools, playing t-ball, baseball, and for the same Blue Devils football team, the three discussed the idea of joining the military before making a decision.

"I was going to do this. They were in the same boat I

was in, nothing to do," Lavoie said. "There's not much going on but go to work and go to work. It was an opportunity to do something more than work seven days a week, the same old routine. This is something exciting."

"I think it's a great opportunity," Chadwick said. "What better way to serve your country than being deployed? I'm nervous, excited and a whole ball of emotions balled into one. I look forward to it though."

All three have family members who were in the military and understood the advantages and hardships. They joined the National Guard partly to help with their education.

Chadwick is studying criminal justice with the hopes of eventually joining the FBI or another governmental agency.

Lavoie is earning a degree in business management with a minor in international business. He worked in a bank until this deployment. He will not return to the bank, he said.

Martin, taking classes and working as a carpenter, says he won't return to carpentry when he gets home but wants to be a fire fighter or a police officer when this tour of duty is over.

Martin said he will decide when he gets back from Iraq which track he will take to finish his education and start a career. He insists he will not reenlist with the others, though Lavoie disagrees.

"We played baseball with him since t-ball. His dad was the coach and everything," Lavoie said of Martin. "It's going to be a good time. I am trying to get him to reenlist with us."

"I would really say we're



photos by Lisa Evans

**READY, AIM, FIRE -- Spc. Shane Chadwick, Massachusetts National Guard 772nd MP Co., acts as the Range safety for Sgt. Christopher Willis during M9 qualifications on Fort Dix Nov. 7. Willis is preparing for his third deployment to Iraq.**

close, Lavoie said, saying their mothers get together frequently. They all live in the same neighborhood. Pointing to other Soldiers in the 772nd while standing in the rain during qualifications with the M9, the three indicated others from their neighborhood.

"A bunch of people come from the neighborhood. We're all a big family here," Lavoie grinned. "I like the fact that we're together," Chadwick said. "It's miserable enough going through mobilization, but with friends it's good giving each other a hard time."

"We even fight like brothers," Martin broke in to say. "In our sophomore year I threw him (Chadwick) across a curb," Lavoie said. "I just picked him up and threw him. Just a little fight; practice for football." Grimacing at Chadwick, he added, "You only got a little bruised."

Their families are very



**GRIDIRON TO BATTLEFIELD -- Spc. Ryan Lavoie, Spc. Kyle Martin, and Spc. Shane Chadwick, Massachusetts National Guard 772nd MP Company, pose after qualifying with the M9 Nov. 6 on Fort Dix. The three play semi-pro football and have been friends since grade school.**

## Shipping equipment made stress free

Lisa Evans  
Public Affairs Staff

Deploying Soldiers travel heavy. A prodigious amount of equipment must be transported when Soldiers leave their home station, arrive at their mobilization station, and finally all must be shipped to their theater of battle.

As the 39th Military Police Company prepared to leave Louisiana in October, 1st Lt. Manuel Polanco felt overwhelmed. Tasked to move weapons, equipment and supplies as well as all of the Soldiers and their belongings to Fort Dix before mobilization, Polanco, greatly relieved, found what all Soldiers mobilizing through Fort Dix find -- a well trained, experienced group of people willing to help, and help with humor.

The Installation Transportation Office (ITO) on Fort Dix has managed moving equipment for thousands of Soldiers and their families. Johnny L.

Jackson, director of the ITO, has a motto: "It Can Be Done."

"We govern ourselves accordingly," Sheila Thompson-Douglas, traffic management specialist at the ITO, said with a grin.

Patricia Lynch, another traffic management specialist, added, "Don't say I can't do it and do it." And although she was very serious, she also

they pack. "This is the place where they can come in and be stress free."

To create that stress-free warehouse, Thompson-Douglas leads a group of capable people with the desire to ensure Soldiers have exactly what they need when they need it at Fort Dix and once they are in theater.

Troops contact the ITO and it slips into action with barely a

*"They're doing a great job. They helped me a lot when I was really busy. The people that work the forklifts, they made my life easier and they work really hard."*

- 1st Lt. Manuel Polanco

smiled.

As Polanco discovered, the ITO can make moving a company, a battalion, or a brigade of Soldiers and all of their supplies, equipment and personal belongings look easy and be a pleasant experience.

"We mingle with the troops to make sure they go to Iraq and come home," said Vincent Eubanks, a warehouse specialist who directs the Soldiers as

ripple, coordinating with units from their home station to the mobilization station for deployment and redeployment.

Soldiers are given a list of do's and don'ts to begin with. (One important item is not shipping weapons before troops are there to take control of them, Lynch said.) Then Soldiers are provided with detailed instructions and timelines for movement of equipment and troops. The ITO provides guidance from start to finish, supervises putting all equipment into containers, handling containers, and documenting and certifying hazardous materials.

Lynn Williams, a forklift operator and warehouse expert, said "I used to be one of them, on the other side of it. My primary function is to receive the units and prepare them to move themselves and their equipment overseas."

Moving among the Soldiers reorganizing and packing everything from machine parts to edibles, Williams provided expert advice as well as hands on help.



photos by Lisa Evans

**MOVING OUT -- Forklift Operator and freight rate specialist Vincent Eubanks of the ITO moves a shipping container to a semi-truck for shipment to Iraq.**

**NCO Call**  
at Club Dix

Wednesday evenings at 6 p.m.

**the Post**

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**TAKING INVENTORY -- James Dougherty, freight rate specialist, helps Soldiers of the Headquarters, Headquarters Company 135th Military Police Battalion, part of the Ohio National Guard, from Chargin, Ohio, reorganize and crate the equipment and supplies they will be shipping to Iraq. They're shipping it at this time so their equipment will be in country ready to use when they arrive.**

# HONORS AND AWARDS



## Soldiers march in honor of veterans

**Capt. Brendan Shimizu**  
2-309th TSBn

The 2-309th Training Support Battalion attended the Veteran's Day re-dedication ceremony for the newly refurbished Intrepid Sea, Air, and Space Museum in New York City, Nov. 11.

The highlight of the event

was an appearance by President George W. Bush, who was presented with the 2008 Intrepid Freedom Award.

"Veterans have inspired me," Bush said. "I was raised by a veteran. I appreciate the commitment to our country that the veterans have made."

After the ceremony, the battalion represented the United States Army in the 89th Annu-

al New York City Veterans Day Parade.

The battalion commander, Lt. Col. Trevor Austin, stated, "It was an honor to be invited by the United War Veterans Council of NYC, and a great opportunity for my unit to be part of such a special occasion."

Following the Intrepid christening, the 2-309th Train-

ing Support Battalion began the cross town march with

2,500 other Soldiers, Airmen, Sailors, and Marines to link up with the rest of the parade on Fifth Avenue.

The parade route was filled with thousands of onlookers supporting and remembering those who have served their country and those who continue to fight for freedom.



photos by Master Sgt. Daphne Angell

**BY LAND AND BY SEA** -- Soldiers from the 2-309th Training Support Battalion represented the United States Army at the New York City Veterans Day Parade held Nov. 11. Prior to the parade, the Soldiers attended the re-dedication ceremony for the Intrepid Sea, Air, and Space Museum. Sgt. 1st Class Berd J. Cekic, Capt. Brendan Shimizu and Sgt. 1st Class David Correia, await the arrival of the ceremony's guest speaker, President George W. Bush.

## Seeing stars at Fort Dix

**Maj. Gen. Mari Eder**, deputy commanding general, United States Army Reserve, commends 1st Lt. Randolph Naughton, commander Delta Company, Regional Training Center- East for his team's work during the pre-mobilization training of the 314th, 343rd, and 211th Public Affairs units, Nov. 6. Eder took time during her visit to eat with the troops and answer some of the Soldier's questions about training and their scheduled deployments in support of the Global War on Terrorism. The general also toured the Fort Dix Public Affairs operations Center.

Pvt. 1st Class Christine Bernat



Wayne Cook

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## Troops have banner day

1st Lt. Matthew Fronek, commander, and 1st Sgt. Dolores Taylor, of E Company, 29th Brigade Support Battalion, Arizona National Guard, out of Mesa, Ariz., hold their unit's Yellow Banner during a ceremony at Griffith Field House Nov. 19. The unit, having completed training at Fort Dix, is deploying to Iraq to provide support for Operation Iraqi Freedom.

## Chaplains' Corner

**Chap. (Col.) Larry Biederman**  
Installation Chaplain

In the midst of a crisis-filled day during the Civil War, a well-meaning individual said to President Lincoln, "I pray that God is on our side." Lincoln answered, "I am more concerned that we are on God's side."

It is so easy to find ourselves praying that God is on our side. It is not so easy to remember that it is our actions that are to be pleasing unto God. God is in no way required to do our bidding

or to be on our side.

Instead, God calls us to a Godly life full of special care and conduct toward the world in which we live, the people of that world and of course, the social glue which binds the world and people together, called government.

There are many indicators of our success or failure to please God.

To mention a few: Do we take good care of our families? God calls us to. Do we share in the good works of our church? God calls us to.

Do we participate in the day-to-day activities which build

good communities? Do we participate in community elections? God calls us to.

Do we volunteer our time for youth activities, for helping the aged and for community projects? God calls us to. Or, do we wait around for tired old George to do it as best that he can? God calls us to take an active role!

It is easy to pray, "God be on our side." It is not so easy to examine our lives to discover whether we are on God's side and to live an exemplary life. However, if we are on God's side, we will live that exemplary life as a living sacrifice, holy and acceptable.



### Army Community Service (ACS)

562-2767

Bldg. 5201, on the corner of 8th Street and Maryland Avenue  
Monday through Friday, 7:45 a.m. to 4:30 p.m.



### MAKE A DIFFERENCE

Fort Dix is looking for interested residents  
who would like to volunteer

Call Army Community Service at 562-2767

# SPORTS

## Soldier trades football dreams for Army

**Spc. Justin Snyder**  
American Forces Press Service

**CAMP VICTORY, Iraq, Nov. 17, 2008**— Army Sgt. 1st Class Twillie Curry had long since traded his aspirations of becoming a professional football player to follow another dream — becoming a Soldier.

But when a special visitor stopped by the 619th Contingency Contracting office Nov. 7, Curry, a contracting officer, couldn't help but recall his high school glory days.

While some soldiers knew of Keith Elias as a former professional football player who once played for the New York Giants and Indianapolis Colts, Curry had a closer association.

Curry went on to college high school football in New Jersey at the same time.

"Keith played for Lacey Township, another team in our area, and he was an all-state running back," said Curry, a Cliffwood, N.J., native.

"His team went undefeated also, along with four other teams. We were state champions, but I wished we could've had a playoff amongst the teams from the other conferences," he said.

The players never met on the playing field, but Curry kept up with Elias' career.

"To see a guy like Sgt. 1st Class Curry, who grew up playing football in the same area as me, it shows that it really is a small world out there," said Elias, who was visiting the Soldiers as part of a tour sponsored by a faith-based organization.

Curry went on to college high school football in New Jersey at the same time.

more interested in seeing the world. That quest led him to join the Army in 1990.

Even after enlisting in the Army, Curry still held on to some of his professional football aspirations.

"While at my first duty station in Germany, I wrote a letter to the Frankfurt Galaxy asking for a tryout," Curry said, referring to the semi-pro football team.

"I wanted one last shot at playing football," he added.

The team wrote back to him, but he was conducting field training and never made it to the tryout. His dream of being a professional football player was over.

But Curry had already embarked on a new dream, one that he is still living 18 years later — the Army. He said he has no regrets, noting that football gave him important attributes like mental toughness,

teamwork and discipline, that helped him along his Army career.

"One of my assignments was as an instructor at Fort Lee (Va.), and I served as a teacher

for a lot of young Soldiers," Curry said. Above anything I have ever done in football, I got to share my knowledge and help guide young soldiers.

"I had Soldiers come back to me down the road and tell

me that I helped them in their career path, and they remembered the things I taught them," he said. "It made me proud to know I made a difference, and I'm proud to be serving my country."



Spc. Justin Snyder

**GLORY DAYS** — Sgt. 1st Class Twillie Curry, left, reminisces with Keith Elias, retired New York Giant and Indianapolis Colt football player. Elias and Curry both played high school football in the same area of New Jersey at the same time. Curry chose a career path in the Army instead of pursuing football.

## Sports Shorts

### Griffith Field House

**Saturday & Sunday**  
9 a.m. to 5 p.m.  
**Monday - Friday**  
6 a.m. to 9 p.m.

### Combat Fitness Challenge

Maximize the benefits of standard physical fitness training at the Griffith Field House.

The Combat Fitness Training Challenge, every Monday and Wednesday from 6:30 a.m. - 7:30 a.m. is an intense military-style group workout given by certified Griffith Field House personal trainers

and Army master fitness trainers.

The class includes running, military-style calisthenics and drill exercises, cardio kickboxing and more. Call (609)562-4888 for more information.

### Pool Closed

The Fort Dix Indoor Pool will be closed from Nov. 24 through Dec. 15 for maintenance.

Call (609)562-2808 for additional information.

### Holiday Fitness

Don't pack on the pounds this holiday season, be slimmer than Santa this year. The

Griffith Field House is hosting its Holiday Fitness Fun Program to help you stay fit. Classes started Nov. 3 and run through Jan. 2.

The program consists of 27 aerobic/fitness classes. Sign up at the Griffith Field House and win prizes for completing the program.

Call (609)562-4888 for more information.

### Basketball

Sign up today for the upcoming Intramural Basketball Season at the Griffith Field House. Anyone interested can register a team, or register as a free agent.

Call (609)562-3961 or (609)562-4888 for more info.

## Warriors lead league

**Joseph Corso, right, of RTC Funtime, and the rest of the Griffith Field House Flag Football League are nearing the end of regular-season action. It's still too early to name a regular-season champion but that will all be straightened out before the Dec. 1 start of the single-elimination playoffs. The Warriors currently hold the top spot in regular-season action with a 5-1 record. MRB currently has the most wins, but they also have one more loss than the Warriors, and their chances look strong with a record of 8-2. The Wildcats are also in contention for the regular-season championship, trailing closely with a record of 4-3. To find all game results and the schedule for the upcoming playoffs, visit quickscores.com/fuldc.**



Ed Mingin



submitted by Willie Williams

## Almost perfect pins

**Bill Bolmer and Robert Fisher display the "one(s) that got away." Both are members of the Tues. Nite Keglers bowling league, "Missed by that Much" club. Bolmer bowled a 298 Sept. 16. Fisher followed with a 299 Oct. 11. Both bowlers still have the perfect game in their sights.**

## Combat Fitness Training Challenge!

**NEW DAYS!**

**At the Griffith Field House (Bldg. 6053)**

Maximize the benefits of your standard PFT training. Every **Monday & Wednesday** morning at 0630-0730hrs, challenge yourself and your unit to partake in this intense military-style organized group workout given by the GFH Fitness Staff-Certified Personal Trainers & Army Master Fitness Trainers.

The class will include the following:

- ★ Running
- ★ Military-Style Callisthenic & Drill Exercises
- ★ Cardio Kickboxing Combinations
- ★ Core Training Exercises
- ★ Stretching



For More info, please call the GFH at 609-562-4888; or the Fitness Staff at 609-562-2707.

Please check the aerobic/fitness schedule for other various fitness classes and times.

**(This class is reserved for Military ONLY)**



# Holiday Fitness Fun Program

### Holiday Fitness Fun Program Rules

Be Slimmer than Santa! this year! Attend 29 GFH Aerobics/Fitness classes (from Nov. 3-Jan. 2, 2009) (that's only 3 classes per week) and receive special PMWIR incentive prizes.

Sign and return the bottom portion of this flyer to your class instructor and receive your attendance card. Bring your card with you to all the classes you attend until Jan. 2, 2009. Sorry, we cannot mark cards after the fact. **Classes attended MUST be noted on the card at the time of attendance.** All participants who have completed 29 classes by Jan. 2, 2009 and have their cards validated by an instructor, will be presented with Fabulous prizes!

For more information, please call (609) 562-4888/2707.

